

SUBSTITUTING FOOD WITH PRANAS

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Information Recalled :

- One school of **Healing** cures all ailments by **fasting**. I have met people who fast for a month or two when more sick. I myself naturally fast for a few days when feverish.
- Have heard of a man who was mugged in Pakistan and left in his under-wears in a desert.. out of sheer self-preservation, he learnt how to **live off 'Sunlight'** (later he spent many months travelling as he saved a lot of money not having food expenses anymore!)
- In 'Autobiography of a Yogi' and other books there is mention of ladies who cook for many people, even whole villages but not taking any food at all themselves.
- There are many stories of **Tapasvis** living entombed for many many years. Guruji has mentioned several times, of thousands of years of Tapas. He also told us of the Yogi in a cave near Hulimavu, who stopped his heart and later was walled up for Tapas.
- Many serious systems of Martial Arts teach the energising of the body through Chi/Prana ..and of surviving without food for lengthy periods. Naveen, Rakhee and others have experienced a lack of hunger during **longer Meditation**.
- Karthik found an article on **Breatharians** who take neither food nor water. I found a blog where some people practiced the same for upto six years before resuming physical nourishments (but I also read that these are special people, not exactly like us..). Gregory, an American follower of Ramana path also knows of such Breatharians.
- I have heard and read of, also Guruji has mentioned that, breath slows and stops in Meditations. I too noticed an extreme **slowing of breath** during my Meditations in Amara Samadhi, years ago.. without the slightest discomfort.
- Some Taoist monks may sit inside a pond for hours or even days. I read of one sage who lived under water most of the time, becoming a half-lizard himself.
- Recently after a few months of totally irregular Meditations, until the Re-orientation class, when I was able to meditate regularly again.. I literally felt as a drowning man managing to gasp air. And I realised that Meditations are more important than even breathing as Guruji once said in class. Also I realised that with **long Meditations** it is probably possible to even **live without breathing** as well. Guruji has also said that when in the Light Body, we do not require food nor water, nor air even as we are pure Light.
- In 'Mother's Agenda' and 'Mind of the Cells' we read of **Mother's experiences** in the near-achievement of converting her physical body to a Light Body (..she ate like a bird).

Physical Experiences :

- **Meditating more**, I feel less need to sleep or eat as much as before. Karthik also had noted that on days he didn't meditate long he ate more. (Though I have noted that after much practice energies stabilize and missing a day or two doesn't affect norm.)
- Somehow the Saptarishi Pranayama technique did not seem to supplement nourishment to the body (-this was confirmed by Guruji in a retreat) so I just started trying to sit (upto a half hour) and absorb Pranas directly, just by plain **intention**. It began to work.. first the morning hunger was alleviated for a few minutes, then longer, even for a couple of hours before hunger set in again. Though I wonder if the Pranayama now supplements a little nutrition after our recent Re-orientation initiations ?(also at times I would forget to think of the colour and was wondering if White Light Pranayama may be more nutritive than Blue-Light?), but definitely it is **longer Meditations** that do help reduce hunger among their numerous side-effects.
- An expert Ayurved- doctor Chinmay explained to me about hunger and nutrition to a good extent, this helped a lot in **continually observing** my body's responses and coping up as I tried to push it to gear up and absorb more of Pranic nutrition..
- Doctor Panduranga had once suggested to drink more water in order to become a Light body... probably for Guruji and others say that waters hold a lot of Light energy (...may be a reason why many new doctors are recommending drinking more **water**).
- When I went to Dr. Panduranga again for a check-up, soon after I began pushing my body- he said that I was to slow it down, give the body more time to gradually adapt, but he did say that it was beginning to absorb more Pranas and I was truly satisfied with less food. (one mustn't be misled by supplements from body's internal energy reserves)
- I also noted that there was a difference in foods prepared in different places- my mother's food is not so very nourishing despite all her healthy diets; Shyamala aunty's is very satisfying even if less in quantity (-**love** and **care** and more levels of **cleanliness!**). In the Taponagara Energy-field, food is better than outside. And Antar Manasa is even better.. once, I felt the need to have something here even after lunch in Taponagara!
- When seniors started complaining too much about my loss in weight (not listening to my protests that I was as strong as before, if not stronger), I began to eat a little more- but I noted that it was unused food- just went in and came out in bulk! So I went back to my more minimal eating habits (Incidentally, the complaints coincided with the time of irregularity in my meditations). I did note that the changes upset the body, so I would like to point out that even if irregular in habit there must be some **discipline!**
- There is also a general **satisfaction** that is received from the physical body, upon filling up the stomach, even if the body does not require that much nourishment.
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Emotional Experiences :

- I have always observed how the mind may **push** us beyond normal physical strength. (My mother has broken strong objects like metal plates in bouts of hysteric anger.)
- One must be guarded not to give in to the mental **temptation** to splurge and stuff oneself with food.. whether sweets or junk foods- all addictive items of varying damage!
- Jayant very rightly commented that even if the physical requirement for physical food is transcended, there will still remain the mental craving to excite the **taste-**buds! I have noted recently that though I have eaten Shyamala aunty's beautifully blended preparations, I do not find the least desire to eat more or re-taste again.
- Also, even the slightest taste is enough for mere curiosity, one need not eat more! This also adds to our general application of **Vairagya** in all aspects of life. One could say it is simple thinking, simple living, simple eating.. nothing more than required and nothing wasted- Dr. Chinmay once explained that it was highly inconsiderate to over-eat while there are other people starving elsewhere! I developed a general attitude of not wasting anything, and of repairing and re-using fully. This also helps us improve our relations with people in **value** and **care** (..to not just use-and-throw).
- There is a lot of pressure from people around and society, what with the general craze after all kinds of excess and over-indulgence even at the cost of health and well-being. Everyone is always unhappy if we do something differently.. they do not try to understand, just try to stop us (As if an instilled method of mass-sedation, not to Grow.) As Guruji says- we should not gossip unnecessarily and we should **not interfere** too much in others' lives and 'Free-will', especially not to force them to do things our way.
- Also as with Mediations, **keeping cool** and not getting over-excited- neither in anger, nor fear, joy or sadness- helps in preserving our energies and health. Guruji always says- total **Purity** at all levels is absolutely necessary before anything can be achieved. Not only do these drain our energies, but also leave residues of grosser vibrations and root us in the physical plane. For Light, we must keep ourselves clean of all these sub-Karmas too. **Cheerfulness** and general **positive attitude** is a must.
- Developing and feeling more **Love** definitely helps here as well as in all things. So many describe the benefits of a loving home atmosphere to the development of a child.

Thought Experiences :

- I had to first strengthen and clarify **my own intention** to achieve this goal, with no room for any doubts or confusions, only a strong belief in my potential and ability to do it. It is possible to achieve this only if you totally believe in yourself and know that you can and will do this (The Breatharians also emphasise the need for no doubt whatsoever). People waste most of their energies in confusion, doubt and self-discouragement. Meditations help **clarity** of thought and goal, and to appreciate our **Inner Strength**.
- Dr. Chinmay explained that even sitting at a desk the whole day one can burn a lot more energy just thinking too much.. again Meditations help. **Stream-line your thoughts!**
- Later I realised that I had to train myself to control my own serving-hand, in order to not to fill the plate as much as it was used to.. to not go by the look of the quantity but to continually try to minimise to the reducing amount required by my body. Sree Devi's suggestion may be the best- take two or three helpings instead of too much at one go.
- At first I tried to keep my attempt a little **secret** (..one of the Shambala Principles) in order to avoid confrontations right at the outset. Later the comments began when word got out as things always tend to. Fortunately though, by then I had already achieved a little success and knew that it is definitely achievable with **patience** and **practice!**
- Then I had to build a strong front of inner **self-confidence**, even If unexpressed, to withstand all the jokes, comments, criticisms, ridicule and general public pessimism.
- (As Guruji says- practice one and you practice all. **Purify** and it improves whole life!)

Soul Experiences :

- I always knew that there were great **Reserves** of energy Within me for an emergency. Also I always believed in the immense **potential** of people to change and evolve. (Observing how the skin on my hands adapts depending on the work I do.. I have always been sure that by thought people became mer-people or bird-people in times of need.) After all this is what all the latest NLP and '**thought-Power**' books go on about..
- When I was in Baroda, I shared my observation of the reduction of my appetite and Santosh said that he always ate more when he went home. Even now I see that when I am **working on art I eat less**. (It is not just that the food is not so good or that we forget to eat while working.. the Creative energies flow and there is a Spiritual link as well! ..Guruji also keeps remarking on the nearness of art to Spirituality.) The same happens when one is **happy**, in love, just **loving** a lot, etc. Like the women cooking but not eating!
- **Meditations** already improve our capacities and Rishis are always helping us with energies, astral Gadgets, astral Classes/Trainings etc.. still **living on Light** also probably helps improve our physical **purity**, mental stability and purity of thought, the level of energies we carry, clarity of Intuition, our sensitivity to energies, etc..

In Conclusion :

- As Guruji keeps reinforcing- Meditations are the cure to all problems.. **long Meditations** and **Positivisation of our living**.. Living lighter, with less (karmic) baggage and in Light.
- Yet, as Guruji has explained- we are **Workers** and we Work at the physical level, so even if it is the order of the day, we do not want to entirely de-physicalise!
- So a minimum of light food would be ideal.. in order to not struggle as did Aurobindo's 'Mother' in her efforts to stay grounded in the physical after having raised her vibrations

My abilities :

(somewhat in order of priority value)

- To smile happily from the innocent bottom of my heart and share with anyone and everyone
- To love everything and everyone.. no matter what they do to me & how hopeless things seem
- To continually learn and grow.. and share the joy of this exploration..
- To be more and more in alignment with flow of universe in thought, word and action (timing!)
- To help and enjoy helping everyone and earth.. despite being shouted/abused/spat at..
- To be responsible and help others realise their own abilities and potentials on their own!
- To understand the nature of various types of intuitions in me and others.. and to explain this
- To see clearly into much depth, the nature of people, situations, atmosphere.. and a little future
- To be mostly positive, looking on the bright side of things and always dreaming bright for all
- To be able to innovate creatively and find simplest solutions and paths to achieve these
- To have much will and energy and motivation to actually realise physically these dreams
- To enact spontaneously the required dramas for people to realise things and grow
- To sometimes be able to help people reach a special dimension of life (inner or astral..)
- To relax and intend energies to flow and help with healing and exercise (to some extent)
- To make others feel energies a little bit.. and explain about the other dimensions..
- To experiment with unusual practices like meditating without sleep, eating sun energies, etc.
- Also - telepathy, love power massages, connecting with elements, seeing with body..

I have :

- Walked on air
 - Lived without food
 - Sensed the future
 - Seen with my body
 - Read minds
 - Moved beyond time
 - Been aware even in sleep
 - Communicated with plants
 - Communicated with animals
 - Communicated with spaces
 - Spoken through telepathy
 - Used energy to run
 - Controlled heart beat and temp
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Prana is a Sanskrit word derived from two roots: *pra* is a prefix used to denote constancy and *na* means 'movement'.



BASIC MODES OF DIRECTING ENERGY

In life, we need different qualities of energy for the many different circumstances around us and for the constantly changing conditions within. For example, you might need to strengthen your energy and get it “fired up” in the morning to start your day. The Chi Kung exercises you perform at this time would be tonifying, to meet that energy need. Yet in the evening you might need an entirely different type of energy, and you would practice Chi Kung to clear or purge out the stressful energy of the day.

Individual Chi Kung exercises are designed to direct energy in particular ways to support the changing energy requirements of the body, mind, and spirit. The basic modes of directing energy most frequently employed in Chi Kung are briefly discussed below:

- **Cultivating.** This term refers to methods that draw energy from external sources into the system through vital energy gates on the body. The points most often used for this purpose are the Yung Chuan (Bubbling Spring) points on the soles of the feet, the Lao Gung (Labor Palace) points on the palms of the hands, Bai Hui (Hundred Confluence) point on the crown of the head, the Hui Yin (Yin Confluence) point at the perineum, and the Tan Jung (Central Terrace) point at the

heart. Cultivating energy with this method requires one-pointed mental focus on the energy gates selected for practice, the visualization of energy as light flowing through the points, and the concerted application of intention to draw energy in through the gates. Energy usually enters the system on the inhalation phase of the breath and circulates or spirals at these centers on the exhalation.

- **Circulating.** This mode is used to circulate energy through the major channels, vital meridians, and minor capillaries of the human energy network. Its purpose is to clear obstruction and eliminate stagnant energy from the channels, irrigate the organs and tissues with fresh energy, balance yin and yang polarity throughout the system, and harmonize the vital functions governed by the five elemental energies. It may also be employed to target specific organs or tissues for treatment with healing energy, or to circulate energy in particular channels for refinement and transformation, such as in the Microcosmic Orbit meditation practice.
- **Clearing.** This mode of energy direction is used to expel stagnant, toxic, excess, or other unwanted energy from the system by moving it out through specific energy gates, such as on the palms and soles, and the point between the eyebrows. This sort of energy is usually visualized as dark, cloudy gray energy as it is driven from the system, and it is expelled on the exhalation phase of breath. Clearing methods may be used to clear the entire system of stagnant chi or to purge specific organs via their related meridians and points.

- **Exchanging.** Exchanging energy means to intermingle your energy with an external source in order to refresh, recharge, and rebalance your entire energy system. For example, practicing energy exchange on the beach or high up in the mountains quickly recharges the whole system with the pure, potent chi generated by oceans and mountains. Practicing in a forest allows one to exchange energy with trees, which produce very powerful chi. In the dual cultivation style of Taoist sexual yoga, male and female intermingle and exchange their energies in order to boost and balance one another's vitality through the internal alchemy of sexual essence and energy.¹
- **Transforming.** Transformation is about moving energy from one state into another. Transformation of essence into energy and energy into spirit is one of the fundamental formulas in the internal alchemy. It's the ability to take energy from an unuseful or negative state and change it into something positive or useful to the mind and body. Exercises like the Six Healing Sounds are great ways to transform negative emotions back into positive ones. Energy is always changing, and Chi Kung gives us the techniques for creating change in a positive uplifting way.²
- **Storing.** This refers to the phase of practice in which internal energy is concentrated and stored—either in the lower Elixir Field center below the navel, in other major storage centers, or in a specific organ targeted for tonification. For example, you may wish to store wood energy you have cultivated in your liver or store the essential energy of hormones in your kidneys to boost your vitality.

MICROCOSM AND MACROCOSM

The Universe Within

Chi Kung helps the microcosmic human body to recharge and renew itself by "plugging in to" the

macrocosmic energy of the universe. Each cell, tissue, organ, and other part of the body emanates its own specific electromagnetic field, which pulsates at its own particular frequency and regulates its own internal energy currents, while the entire body itself radiates an auric energy field that extends about one meter around the surface.

- Mantak Chia

Most people largely believe that they must eat to survive, but this is not entirely true. You must provide your body with necessary nutrients, vitamins and other organic substances essential to human nutrition. Among these, **sunlight and water are vital to longevity**, health and well-being. People also eat to express appreciation, as part of family customs, and because it is enjoyable to the physical senses. Humanity's historic eating habits have been diverse and have depended largely upon how food is obtained, stored, used and discarded. Individual, cultural, social, economic, and religious factors have always influenced people's eating habits and continue to do so.

A glance back at Ancient Greece would show a people practicing the art of "equilibrium eating" or the desirable middle between two extremes, excess and efficiency. This *golden mean* of eating existed long before today's food pyramid. The Greeks favored snacks such as chestnuts, toasted wheat, and honey cakes. Shall I tell you that some of these were specifically designed to absorb more than their weight in alcohol? A good (and wealthy) host would be sure to have these "cakes" on hand to extend the life of a banquet-like party called a *symposium*. A similar look back at Ancient Rome would reveal excessive gluttony, at least within some class structures and societal echelons. Roman cuisine was influenced by the enormous expansion from kingdom to republic to empire, which exposed Romans to new culinary habits and cooking techniques. Interestingly, beef was not very popular then. Cattle were working animals and their meat was usually very tough.

Modern eating habits have been heavily influenced by these early cultures. The three-course meal, for instance, is Roman in origin and the result of wealthy party givers wanting to outdo one another. The story is a rich one, but suffice it to say that the Romans, who had radical ideas on many subjects,

eventually discovered that the human body was not designed for long-term excess. Known for importing almost everything, wealthy Romans began to import personal Greek physicians and surgeons who eventually prescribed the first *reduction regimen*, or diet. Many Ancient Romans did not believe in dieting, particularly since starvation was a means to punish the wealthy then.

Starvation is a result of a severe reduction in vitamin, nutrient and energy intake. Starvation currently affects more than 1 in 6 people in the world. Although most cases are in third world countries, the statistics would nonetheless surprise you, and it would not be a far fetched idea to take a good look at the community you live in. Starvation is caused by an imbalance between energy intake and energy expenditure. This imbalance can arise from one or more medical conditions, but is more commonly influenced by circumstantial situations such as famine or poverty.

The most common form of starvation is malnutrition, best defined as the insufficient, excessive or imbalanced consumption of nutrients. Among first world nations of the developed world, one in four people (25%) suffer from one or more nutritional disorders, conditioned by an under or overabundance in the diet. Second and third world nations can double and treble these numbers. Malnutrition poses a grave threat to the world's health and those in a position to do something about it should not ignore the responsibility, not even in the short-term. There is enough food on the planet to feed its hungry and enough water to keep the thirsty well hydrated. Humanity would do well to act wisely in this regard and in favor of those who only have a hollow remembrance of a meal in their stomachs.

Over time and for a variety of reasons humanity has experimented with eating or avoiding certain foods and food groups. Although a large percentage of today's population consumes beef, pork, chicken and fish that was not always the case, and is in fact, more recent than you would suspect. Humanity will continue its interest in animal flesh in the short term (less than 20 years) but will lessen its portion size over time as it becomes interested and then accustomed to more plant-based sources of protein. This will not happen overnight, but it will seem to. The wiring in your brain will begin to shift from one way of thinking to another and your palate will follow. In the near future your sense of smell will become more acute and your sense of taste will follow. Eyesight and hearing have both worsened during your recent technological age, but more on that at another time.

And what of those who wish to nourish themselves by other means, for this is not a new subject at all. In fact, in every age and every generation there are those who seek a way apart from the norm regardless of criticism or ridicule. Those who fill their stomachs with empty foods will empty their mouths of similar words. And those who study the science of nutrition and take into account only the visible spectrum will remain blind to at least half the possibilities. Therefore, it is best to explore this with *new thought receptors*. As the name implies, these new thought receptors allow you to consider subjects that are in your near future, without comparison to past conclusions, faulty, incomplete or missing empirical data. In other words, new thought receptors would not conclude that an idea is impossible or ridiculous. Why? Because these receptors typically do not follow the same sequencing path as linear thoughts do. The human brain has amazing abilities and only a minute amount of these has been tapped thus far. What the brain can conceive of, the body can most likely do, and when your brain opens the door to Universal Mind, the possibilities are almost endless. **Those who believe they can sustain themselves through sunlight and/or pranic forces more than likely can. Their job is not to convince you of the fact, for that would rob them of vital energy, but to establish within themselves a deep rapport with every aspect that depends upon the vital and essential breath.**

Inedia, which literally means 'to fast' is not a new concept. Many cultures, religions and disciplines have examples in their histories with both substantiated and unsubstantiated accounts of living without food and even without water. **Breatharianism, Sungazing and Vitalism are all related concepts that maintain that humans can sustain their bodies on *prana*, or the vital force inherent in all things.** Previously esoteric practices ascribed only to eastern ascetics, these practices have been gaining in popularity in the west as well. **The last one hundred years or so has seen a considerable increase in those who endorse and also teach how to live on the energy given off by sunlight.** Science has not validated these practices and is not likely to for the time being. Conventional medicine will not lend its support, nor will alternative practices that separate body and mind from spirit. **As of this writing, there are only a handful of people upon the earth who are capable of living on light. The majority of these are not terrestrial in origin and it is doubtful that they would make their differences public. There are a few living examples who have**

adjusted to a moderate lifestyle that is light sustainable, but not in the long term. Some of them would tell you otherwise, but the days ahead will speak for themselves. The earth is also the modest and humble host to perfected beings who are able to manifest energetic bodies of light at will. Their bodies can appear quite solid, but are in fact isometric; crystalline systems that have 3 equal axes at right angles to one another. best to think of these as physical holograms

Prana, or 'vital life', is only one of five life-sustaining forces that support living beings. Prana flows through a network of channels that form the structure of the subtle body. It is commonly associated with the breath, but can also be found in blood and in other bodily fluids. The auric field has many energetic sheaths that surround and protect it and one of these is also a pranic sheath. Prana sustains both the physical body and the thought-body. It permeates all living things including the Sun, which is also a source of prana. Some traditions further classify prana into subcategories that direct its vital energy first through basic currents and then onto more subtle faculties. It is possible to control the breath so as to influence and direct the flow of prana. Those who do are in command of increased physical vitality, mental agility as well as access to the gateway that exists beyond the transits of the body. Although the techniques are rather simple they must be practiced and understood, as it is possible to encounter adverse effects under certain circumstances. Even ordinary breath is sacred, because at its core is the same primordial energy as that of the all and the ALL. Controlled or empowered breath enables a connection to the cosmic forces that can lead to profound transformation in a human being. Many spiritual traditions believe that working to establish this link is paramount to all higher levels of attainment.

Our planet, resplendent with diversity, reflects light in a variety of unique frequencies and bandwidths, each offering its own benefits and qualities. Light contains all colors, which support humanity with subtle, but important nutrients. **Whole or white light is pure and complete. It contains all colors, wavelengths and frequencies; sunlight does not. White Light and sunlight are not the same,** but the average human would not be able to distinguish between the two.

Although light is always whole it does not always reflect its full spectrum, nor is it always absorbed. Whole Light is a pure and excellent whole food, but it may not sustain all beings, particularly those who are in the process of transitioning from one dimension to the next.

A candidate who desires to live exclusively on light would need to **transmute any remaining obstructions or blockages** that would otherwise be deflected by whole light. In this example, the healing properties of full spectrum light would be drawn to the candidate's impasse, but the wholeness of white light would not. Sunlight cannot at this time provide the average human body with all of the nutrients it requires. It is possible to extract enough pranic force from sunlight to maintain the body at a low level of life force, but shorter intervals are suggested and for specific purposes. If you wish to live on light it is best to **busy yourself with your fears and concerns**, because the light will find these first so that it might **heal them**, which may not leave enough for you to **eat**. Without addressing these issues you would quickly starve and feel that you are not a good candidate for such an intense program. **You may retrain your body, but you must understand its language first; you must make it your partner and not deny requests and messages it sends you.**

What are the advantages to living on prana? Those who choose this path must do so consciously, with a favorable disposition, and at least moderate health. Candidates should be able to **guide the pranic force** in sunlight through the breath or through other means **to all appropriate physical and energetic channels**. This requires knowledge of effective breathing techniques, both shallow and profound. Specific **meditations also help** to accumulate and store prana. As was said earlier, **few on the planet are able to sustain themselves on prana alone, however those who do so will not hunger or thirst**. Their **sleep requirements will be less** and their **energy more balanced** over extended periods of time. Those who are adept may also be able to **slow the ageing process**.

What are the disadvantages to living on prana? Without **specific and ongoing discipline** and under certain influences, it will be difficult to **receive enough nutrients**. Those who fail to **connect with the unique dynamics of their individual needs** may not **observe subtle changes in the body** that indicate a change is needed. A pranic life is not for everyone and is not 100% effective

given only an average quality of sunlight and air. Those who disregard the guidance above will find that as the body begins to rebel, they feel more hungry and thirsty than ever before. Their bodies will have difficulty in releasing toxins, especially if water is withheld. Some may believe that they are living on prana when they are not. In some cases cells, hair and nails will suffer; aging may begin prematurely and/or accelerate.

Can you imagine a near future where supermarket shelves are filled with packaged sunlight? What about pranic breathing chambers? Anti-oxidant rejuvenation environments infused with oxygenized light? Indeed, plans are already underway for this and more, but there is no reason to shut down your favorite pizza parlor yet! Your future is yours to make of it what you will. It will be diverse enough for those who enjoy cuisine and fine dining, and even hamburgers and fast food will be around for a while longer. But things will not remain the same as they are today, because **you are changing faster than your food is changing. Your needs and desires are changing and those of your body are changing too.** Savor the moments that are yours and those that you are invited to share with others.

Garments and clothing have a long and varied history upon the earth, influenced as much by climate and the availability of materials as by culture and fashion trends. Today, synthetic substitutes have all but replaced the natural skins, silks and cottons of long ago. There will be a reversal in this trend and those who **advocate an organic and natural lifestyle** will make inroads as they do from time to time and as indicated by the cycles of nature. That aside, **humanity is beginning to envision itself as part of a galactic family.** It is likely that less than forty years from now the first colonies will settle upon the moon and also upon Mars. As you might imagine these expeditions will require a completely different style of dress. The necessary garments will be much thinner than the bulky ones worn by astronauts today and made of a material that is "married" to its wearer. These unique garments will be able to regulate the health of the wearer, including vital statistics and mental balance, and even pre-determine how long each individual can safely remain in such hostile terrains. allowing individuals to program their garments to monitor a variety of health related functions. Is this a move toward uniformity? Maybe. Or perhaps it is one of many trends, and one of the ways in which humanity accustoms itself to change.

You are individual sparks of light and no two are alike, yet you still struggle against both poles of diversity and uniformity. You are one family and one day you will come to terms with the meaning of this. Until then, **celebrate your individual way of life and encourage others to do the same. Offer an opinion if it is invited, but do not impose your will upon another, nor judge the decisions they make.** The physical earth will continue to evolve in its own precious ways, celebrating the diversity of life in every kingdom. My sentience will do the same, welcoming guests from other worlds, extending words of diplomacy when invited to do so, offering sanctuary to those who request it, nurturing and protecting all that is within my reach, and allowing the wisdom of the All to guide all things in their due course and time.

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I'm surprised and delighted. I also study the prana. In Russia there is a great man. He does not eat the fifth year. His body is very strong. It is impossible to pierce iron. Because it makes certain exercises, maybe 3 days without any air to be. Can you send the website and which exercises to start doing. The body becomes very strong! People came to him from India, from the Ashram of SAI Baba, was persuaded to go and live with them, to teach there. He refused. He school in Russia. I'm a rawfoodist, I really want to go to the prana. He says that you need to not put food the prana, and the Holy spirit.

develop the spirit .. it develops love in his heart and as a consequence prana.

<http://ty-master.ru/2971-2/>

Re: Living on Prana

by kamilla 26th March 2010 8:49 am

Thank you very very much for such excellant full explanation. I can understand and confirm every word as I have been very much involved with Jasmuhin Living on Prana and **myself was living on Prana for 3 years**, and even lectured about it under great demand. I have had lot of difficulties and trouble myself and knew a lot of similar troubles in between **Breatharians (quite a few of us)** I was rather bitter WHY I finally could not sustain myself on Prana in spite of great dedication and devotion. I was blaming myself (as lot of us did!) but now thanks to you I know is quite normal. Even **Jasmuheen herself give up in six + years**. For me this was great proof JUST FOR MYSELF that **this miracle is possible and...normal**. THANK YOU from all my heart. Kamilla

Dear Kryon, lover of humanity, o how quantum of you, how helpful and clear is your message! Let me tell you a little human story – may be you will understand us better. There was a blind man, born blind. He managed to know his world pretty well, learn to use all other senses of touch, hearing, smell to help him to know world and live without being a problem to anyone. He even learn to read, finish university , became good and known layer, made good money and than suddenly when pot of flowers fell on his head from balcony he suddenly gain his sight... instead of familiar darkness his eyes were flooded with light, sun rays, cacophony of colours, movement, shapes.... He shat his eyes with a cry! (O how blind of him!) two people rush to him – one was lover of sighted people and try to make him to open his eyes and appreciate a progress. the second – just human put dark glasses on his eyes, took his hand and said - “you just gain sight – you have to learn how to live in the new reality, come, I will show you and little by little explain new world for you – I know it so well so I can help you...”

#3

Re: Living on Prana

by netdragon 26th March 2010 11:42 am

Just a bit of a **warning: The decision to live off life force energy alone and not eat whole foods should be done with 100% full and un-shakeable belief that it will be 100% successful**. There should be **absolutely no fear or doubt**. Few are able to pull that off right now. If you have any doubt, even an inkling, this is not for you right now. It is not to be forced - it should be a natural choice that feels perfectly correct. Otherwise, you'll end up shutting down your body.

For some of us, like myself, eating is still necessary **but you can partially survive off life force energy**. I use this to augment my physical energy. With the **way I push myself to be super-active, and not sleep much**, I'd be dead right now if it weren't for that.

With **Embryonic Breathing** the **Spiritual Embryo** (in belly) can be conceived. It is generally used for **Muscle/Tendon Changing** practice, common in martial arts.

There are some other breathing methods in Daoist Qigong such as **Turtle Breathing** (Gui Xi) and **Hibernation Breathing** (Dong Mian Xi)

Abdominal Reverse / Embryonic Breathing

<https://www.energygatesqigong.us/embryonic-breathing/reverse-abdominal-breathing.html#download>

(if emotionally Disturbed or if the Mind has Intention of Yin or Yang)

Neutral - inhalation and exhalation equal length

Body Yin - inhalation longer than exhalation

Inhalation - abdomen **Withdraws**, Huiyin Held Up Firm

Exhalation - abdomen **Expands**, Huiyin Relaxed

Body Yang - exhalation longer than inhalation

Inhalation - abdomen **Withdraws**, Huiyin Held Up Gently

Exhalation - abdomen **Expands**, Huiyin Pushed Out Firmly

Embryonic Breathing has always been a huge subject in Qigong practice. This is because it is the breathing method that allows you to store the Qi in the Real Lower Dan Tian (Zhen Xia Dan Tian) In other words, through Embryonic Breathing, you are able to charge your bio-battery to a high level. Then your vital energy will be raised, the immune system strengthened, and the physical body can be re-conditioned. However, the most important aspect of Embryonic Breathing is that once your Qi is brought up to a higher storage level, you are able to raise the Qi up through the spinal cord (Chong Mai) to nourish the brain and raise up the Shen. This is the crucial key to spiritual enlightenment. Not only that, Embryonic Breathing is also a crucial key to skin breathing and marrow breathing that is closely related to our immune system and longevity. We will discuss this topic in detail in Chapter 6.

"Skin Breathing" (Fu Xi)

In fact, Skin-Marrow Breathing is closely related to Embryonic Breathing. When the Qi is led to the Real Lower Dan Tian, you are also leading the Qi to the bone marrow and when the Qi is led to enhance and expand the Qi in the Girdle Vessel, you are also leading the Qi to the skin. Since Skin-Marrow Breathing is related to Embryonic Breathing, we will discuss it together with Embryonic Breathing in Chapter 6.

"Body Breathing" (Ti Xi)

breathing with the entire body, not just the skin.

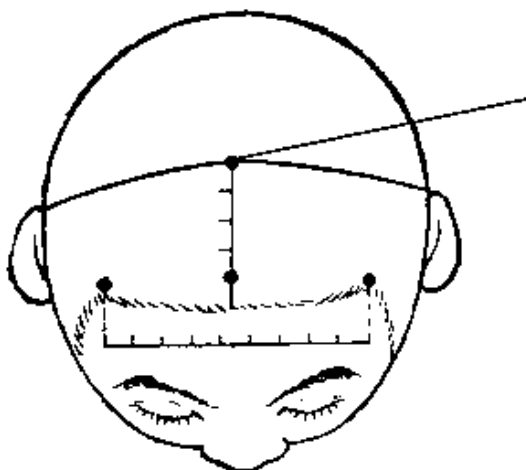
when you **exhale** you lead the Qi to the muscles and the skin,

when you **inhale** you lead the Qi to the marrow and the internal organs.

Once you have reached a profound level, you feel that **your entire body is transparent to flowing universe-Qi.**

Also you feel your physical body **disappears..**

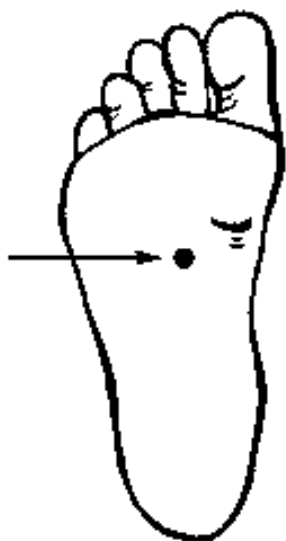
5 Gates/ 5 centers Breathing



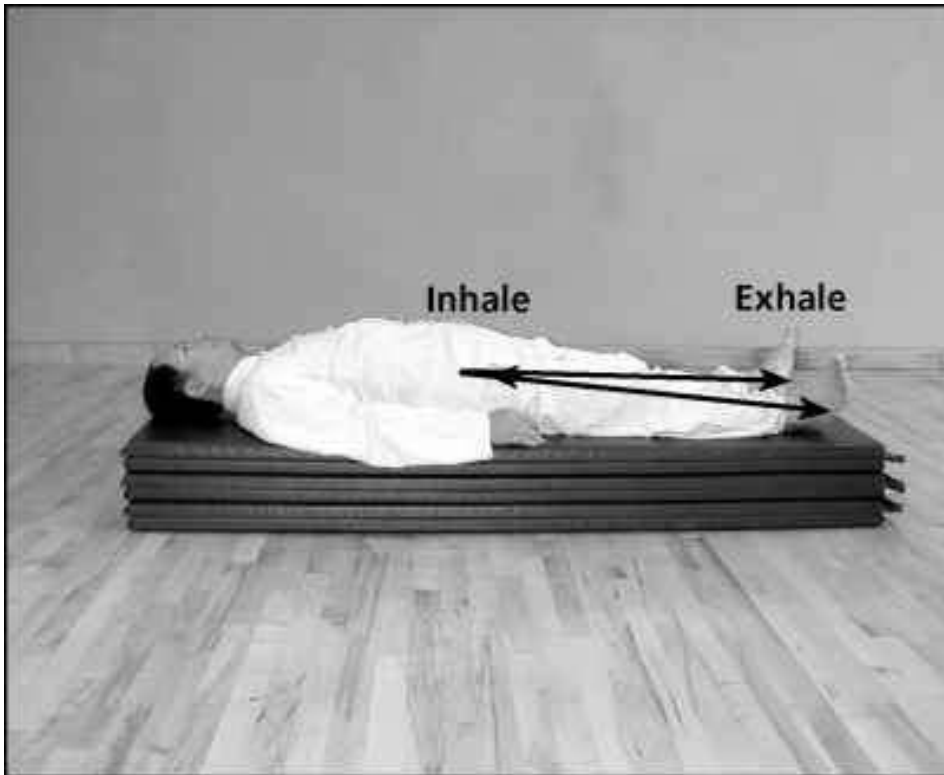
Baihui (Gv-20) Cavity... (including Upper DanTian/[3rd Eye](#))



Laogong (P-8) Cavity ...x 2 Hands



Yongquan (K-1) Cavity ...x 2 Feet



Yongquan / Foot Breathing with Normal Abdominal Breathing

Beginners use the Baihui gate on the crown, from where it is easier for them to communicate with the **Natural Qi**. *Later*, the Upper DanTian/ 3rd Eye will be used instead.

When you practice, first learn Yongquan/ Foot breathing and then later add the 2 Laogong/ Hand to become 4 Gates Breathing. Add crown/ baihui for 5 gates. Once you include the Baihui in your breathing, it is classified as Spiritual Breathing.

Therefore, after you have learned how to build up the Qi at the Lower Dan Tian, you will learn how to coordinate your breathing and lead the Qi to the Yongquan cavities on the bottom of the feet..

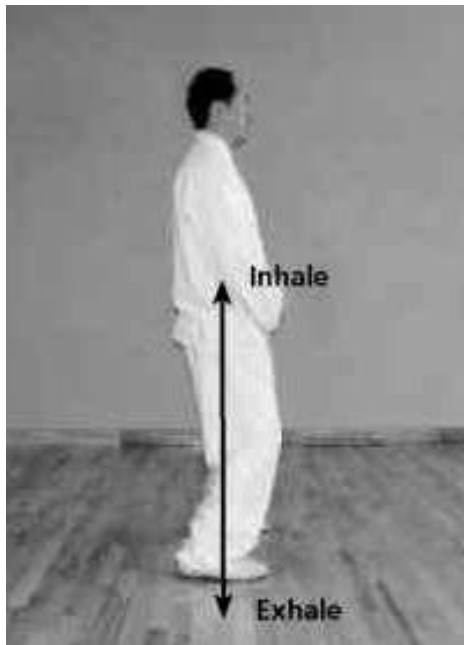
When you **inhale**, you use your mind to lead the Qi from the Yongquan to the Lower Dan Tian and when you exhale, you lead the Qi from the Lower Dan Tian to the Yongquan cavities Naturally, when you inhale, the abdomen is expanded while the Huiyin (Co-1) cavity is gently pushing out and when you **exhale**, the abdomen is withdrawn while the Huiyin cavity is gently held up. though mind is involved in this practice, relaxation remains major concern. The mind is not aggressively involved in leading the Qi.

In this practice, you may choose any desired position.

If you wish to practice Yongquan breathing in a more relaxed way, you may simply **lie down** and use **Normal** Abdominal Breathing

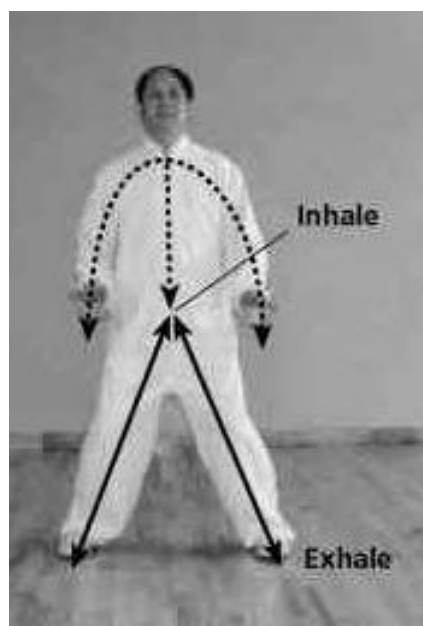
However, if you wish to lead the Qi to the the Yongquan **strongly**, then the **intention** is used strongly, and naturally **Reverse Abdominal Breathing** is *more* effective.

Best posture for this is **standing**. First **inhale**, your mind leadd Qi to Lower DanTian, and when you **exhale**, your mind leads the Qi to the Yongquan/Foot cavities while slightly squatting down, **imagining** your are pushing your feet deep down into ground



2 Gates Reverse Breathing

After you have practiced the Yongquan Foot cavities breathing for a long time, and have reached the Real Regulating add the Laogong Hand cavities as well...



4 Gates Qi Breathing

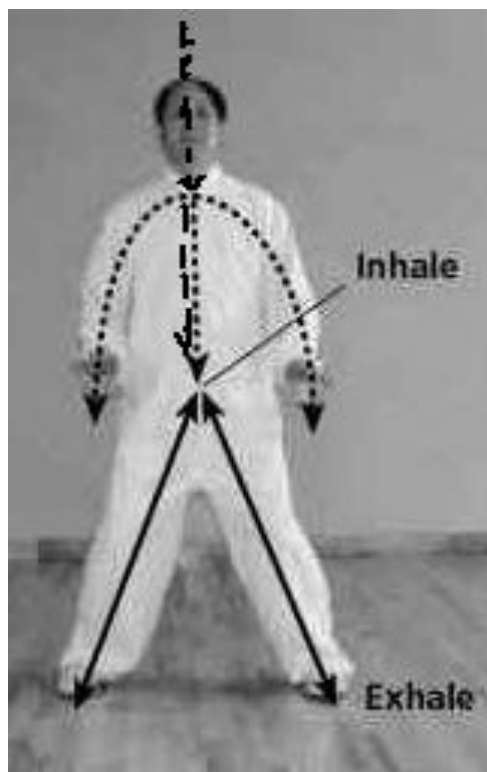
Again, you can use either Normal or Reverse Abdominal Breathing. When you inhale, you lead the Qi from the four gates to the Lower Dan Tian, and when you exhale, you lead the Qi from the Lower Dan Tian back to the 4 gates

Yongquan cavity breathing is also called "**Foot-Sole Breathing**" as described by well-known Daoist *scholar*, Zhuang Zi (Confucius) during Chinese Warring Period (403-222 B.C.).

He said: "The ancient **True persons** (i.e., persons who have attained the Dao) ... their breathing was deep and profound. The Real persons use the soles to breathe while the laymen use the throat to breathe."²⁰ From this, you can see that Yongquan breathing has been practiced for more than 2,000 years.

From medical Qigong, it is well known that Yongquan breathing is a most effective method to regulate abnormal Qi in the 3 Yin organs: Liver, Kidneys, and Spleen; and the Laogong/ Hand breathing to regulate the organs: heart and lungs.

4 gates breathing is a common method for Grand Qi Circulation (Da Zhou Tian) Once you are able to reach a profound level of 4 gates breathing, then you learn the 5th gate, this commonly known as "Spiritual Breathing" ...



Spiritual Breathing (Shen Xi)

5th Gate/ Baihui Breathing / Upper Dan Tian Breathing / 3rd Eye is used to raise up the Spirit of Vitality so that 4 Gates Breathing can reach its max efficiency. commonly used for **Bone Marrow- Brain Washing**, aims for spiritual Enlightenment

lead the Qi upward through the spinal cord (Thrusting Vessel, Chong Mai, to nourish the brain and energize it to a high level of energy). When this happens, the Shen can be raised and energy potential reaches a high level. "raising up the Spirit of Vitality"

"regulating without regulating." In this case, all cultivations have **become natural**.

Energy of **Earth (very yin)** naturally pulls very strongly towards the energy of **Heaven (very yang)**. Now in your body, the further down within it that you go, the greater the connection to the Earth energy is, until at your **feet** the connection is nearly total.

Similarly, the higher up within your body that you go, stronger that connection to Heavenly energy (head) Further, the muscular contractions and the pulsing energetic releases of orgasm are very similar to, and so **very connected to, the pulsation of the process of creation** itself.

During orgasm you can connect to the **Earth** energy and allow it to flow up to **Heaven through you**, entering at your feet and reaching to your head, and thereby **adding its power to your orgasm**. Which can serve to make the orgasm very, very intense indeed, virtually **instantaneously**.

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Compared to the amount of energy you normally hold within you the **quantity** of Earth **energy available** to you is **practically unlimited** and **will pour into you** with phenomenal force **if you let it know that it may do so**; with as much force in fact as you can safely handle.

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Teq.

As you get close to orgasm hold a small part of your **awareness at your feet** and at the **bottom of perineal region**, feel the especially strong **connection of these to Earth** and Earth energy. Then as the orgasm begins intend/allow Earth energy to flow into you, feed into your orgasm and **continue upwards** through your main energy routes to your head (**and to Heavenly energy**). You can allow the flow to continue **through your head upwards and out through your crown**.

If you prefer you can “see” it doing so as **green (of heart)**, soothing energy flow.

Just the intention that Earth energy flow into you is sufficient to get the technique working and, being **simpler & more direct**, will work **more effectively** than complex ways.

As the Earth energy pours into your orgasm it will probably result in that **orgasm becoming continuous**, fuelled by a continual pouring of Earth energy into you. **Let it.**

And if you wish the orgasm to become stronger and more intense **simply intend** that the Earth energy pour into you with **greater force**.

The Earth **energy is intelligent**, but **also very caring** and cautious as to how strongly it moves through you. If you let it know that **you are happy** .. for it to move through you more strongly, then it will do so.

If you direct the process so that the Earth energy flows all the way up to your head and then outwards through your crown it will lead to a **very strong connection of the Earth to Heaven**, flowing through you.

The result is a very intense **blissful, mystical** experience & **very purifying** for your energies

Totally-Enlightenment a Zhang Zhung Dzogchen monks Experience:

I do as he requests. Within moments I am experiencing an unusually deep level of relaxation; I feel, distantly, Kenji's hand on my back.

The remainder of this experience is essentially impossible to relate; any attempt is doomed to failure, yet I will certainly try, for to fail to attempt is to forgo the chance of conveying any of its value to others. So, as I recall it: I am visualizing light, myself as surrounded by light. Gradually I become aware of a much greater light surrounding me; it is very bright but not blinding. My physical body melts from my awareness; I seem to sink into the bench, as if it is reaching up for me. My physical body is largely no longer perceptible, except that I am oddly aware of tears falling abundantly. (Kenji later explains that this results from the "loss of the ego-self," that I still have a strong identification with my "little I" or my "me," as he calls it, thus it reacts to being "ignored.")

The light grows ever brighter and brighter; I open my eyes—I think—eyes open or closed makes no difference. I am in a vast sea of light, the entire universe is filled with and consists of an immense torrent of living light, and in it a vividness of life beyond all description, many magnitudes beyond what I have ever experienced. Gradually I notice that even within this

"OOOMMM"

